

Recommended Resource List: Ergonomics

The State Library of the Kentucky Department for Libraries and Archives is dedicated to "Serving Kentucky's Need to Know."

To request a title from the State Library:

- *State government employees should follow the call number link to the [KDLA Catalog](#) and click on the "Place Hold" button in the Availability section. Check the information on the form and then click on "Submit" button. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).*
- *Public library staff should use their libraries' own interlibrary loan system for requests.*
- *Members of the general public should contact their local public library for interlibrary loan service.*

Ergonomics: Solving the Puzzle

DVD; 20 min.

Call number: [VC DV 620.82 Ergo](#)

Explains ergonomics and musculoskeletal disorders, how to identify problems and also provides solutions on how to make ergonomics work. Also dubbed into Spanish or Portuguese.

Hands On

DVD; 35 min.

Call number: [VC DV 616.856 Hand](#)

Explains what carpal tunnel syndrome is, the causes, and ways to prevent it. Discusses proper exercises for hand and wrist health, proper use of wrist splints, hobbies and home activities, healthy ways to use a computer and keyboard, and whether surgery is a useful option.

Office Ergonomics: It's Your Move

DVD-ROM; 17 min.

Call number: [DV 613.62 Offi](#)

Designed to help you understand musculoskeletal disorders (MSDs) and learn what you can do to prevent them. Covers signs and symptoms of MSDs, how to recognize MSD risk factors, and ways to prevent MSDs. Available in English, Spanish and Portuguese presentations.

Sharyn Pak's Desk Sets: 10 Quick Exercise Routines You Can Do Right at Your Desk

DVD; 54 min.

Call number: [VC DV 613.71 Shar](#)

Offers exercise routines to use in the office to relieve muscle tension and stress, and to maintain strength, energy and muscle tone.

Workstation Workout: Ergo Exercises for Computer Users

DVD; 28 min.

Call number: [VC DV 613.7 Work](#)

Includes 33 simple, easy-to-use exercises that you can do at your computer--or virtually anywhere--to help ease tension, strengthen key muscles and reduce your risk of Repetitive Stress Injuries.